LGBQ* Youth Population

LGBQ students = those who identify as Lesbian, Gay, Bisexual, or Questioning/Not Sure (This factsheet relies heavily on data from the Maine Integrated Youth Health Survey which does not include transgender as an option).

Youth who identify as LGBQ tend to have higher rates of risk factors and therefore are more susceptible to substance use and poor mental health than the general population (see next page).

In 2013, almost one in ten high school students in Maine identified as either gay/lesbian, bisexual, or not sure (1).

Substance Use

In 2013, more than one in five LGBQ students binge** drank within the past month (1).

Rates of binge drinking among LGBQ students as well as the general H.S. population have decreased since 2009 (1).

In 2013, one third (33%) of LGBQ students had used marijuana in the past month (1).

Mental Health

In 2013, LGBQ students were 2x as likely to have misused prescription drugs in the past month (1).

In 2013, when compared to the general H.S. population, LGBQ students were:

- 3x times as likely to have ever used heroin (1).
- 2.6x times as likely to have ever used cocaine (1).
- 2.3x times as likely to have ever used inhalants** (1).

In 2013, LGBQ students were 2x as likely to feel sad or hopeless in the past year (1).

In 2013, LGBQ students were more than 2.5x as likely to have seriously considered suicide in the past year (1).

Notes
* LGBQ = Students who identify as Lesbian, Gay, Bisexual, or Not Sure. Survey does not include transgender as an option
** Binge drinking = five or more drinks in one setting if male and 4 or more drinks in one setting if female.

Sources
1. Maine Integrated Youth Health Survey

Risk and protective factors such as school climate and family support can have a large effect on substance use as well as the mental health of youth.

Youth who identify as LGBQ are at an increased risk of discrimination, harassment, violence, abuse, and bullying.

Studies show that reducing risk factors and strengthening protective factors among youth can help reduce substance use and improve overall mental well-being (see bottom of page for additional resources).

### School Climate

**Four out of five** LGBT* students experienced verbal harassment in school based on their sexual orientation (2).

**96%** of LGBT students felt excluded or “left out” by their peers (2).

**Nine in ten** (90%) of LGBT students in Maine heard “gay” used negatively at school regularly (2).

In 2013, LGBQ students were more than twice as likely to NOT feel safe at school (2).

### Sexual Abuse

In 2013, LGBQ students were almost 2x as likely to have been Bullied on school property in the past year (3).

**In 2013, LGBQ students were nearly 3x as likely to have ever been forced to have sexual contact** (3).

### Family and Community Norms

LGBQ students are less likely to feel support and connection from their family and community (3).

**Notes**

*LGBT = Students who identify as lesbian, gay, bisexual, or transgender

**LGBQ = Those who identify as Lesbian, Gay, Bisexual, or Questioning/Not Sure. Survey does not include transgender as an option

**Sources**


3. Maine Integrated Youth Health Survey (2013)

**Additional Resources**

http://www.cdc.gov/lgbthealth/youth.htm

http://www.stopbullying.gov/at-risk/groups/lgbt/index.html

**Maine Resources**

http://equalitymaine.org/

http://glsen.org/chapters/southernme

For the complete SEOW report: